Experts Ready to Listen 24/7



If needed in Braille or in any other form call our Freephone or visit Website:

www.DoNotSuffer.com

Don't want to talk? TEXTLINE:

07856670555

FREEPOST,
You're Never Alone,
Social Settings,
Haverfordwest,
United Kingdom,
SA61 ABC

☎ **Freephone:** ☎

0800 762 670

Anxiety/Depression?

You Are Not Alone

Freephone for Guidance 0800 762 670

Do Not Suffer in Silence

Anxiety & Depression : There are many Signals
Notice the Warning Signs

Are you feeling Emotionally Exhausted?



Self-harming or contemplating Suicide?





Unable to Think Clearly and Make Decisions?



- Individual or Group Support
- Courses for Stress Control
- Alternative Therapies
- Local Drop-In Sessions Available

Unable to Control Emotions?

Feeling Misunderstood or Isolated? There is Help for you